



[KidsHealth.org/classroom](http://KidsHealth.org/classroom)

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

Your state's school health policies:  
[nasbe.org/HealthySchools/States/State\\_Policy.asp](http://nasbe.org/HealthySchools/States/State_Policy.asp)

Take a deep breath. Doesn't that feel great? That's your respiratory system at work! The following discussion questions and activities will help your students get a handle on the role of the respiratory system in the human body.

## Related KidsHealth Links

### Articles for Kids:

#### Respiratory System (Movie)

[KidsHealth.org/kid/closet/movies/how\\_the\\_body\\_works\\_interim.html](http://KidsHealth.org/kid/closet/movies/how_the_body_works_interim.html)

#### Looking at Your Lungs

[KidsHealth.org/kid/body/lungs\\_noSW.html](http://KidsHealth.org/kid/body/lungs_noSW.html)

#### Smoking Stinks!

[KidsHealth.org/kid/stay\\_healthy/body/smoking.html](http://KidsHealth.org/kid/stay_healthy/body/smoking.html)

#### Asthma

[KidsHealth.org/kid/asthma\\_basics/what/asthma.html](http://KidsHealth.org/kid/asthma_basics/what/asthma.html)

### Articles for Teens:

#### Lungs and Respiratory System

[KidsHealth.org/teen/asthma\\_basics/lungs/lungs.html](http://KidsHealth.org/teen/asthma_basics/lungs/lungs.html)

#### Smoking

[KidsHealth.org/teen/drug\\_alcohol/tobacco/smoking.html](http://KidsHealth.org/teen/drug_alcohol/tobacco/smoking.html)

#### Asthma

[KidsHealth.org/teen/asthma\\_basics/what/asthma.html](http://KidsHealth.org/teen/asthma_basics/what/asthma.html)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. We need to breathe air to stay alive. Wow, the respiratory system sure has an important job! What are some factors that influence how well the respiratory system works? Discuss which influences are harmful and which are helpful. What can you do to keep your respiratory system healthy?
2. The respiratory system includes important parts like the nose, throat, voice box, windpipe, and lungs. What do you think makes these parts a system? Brainstorm a list of other systems you know, inside the human body and out. Discuss how these systems are similar to and different from the respiratory system.



## Activities for Students

*Note: The following activities are written in language appropriate for sharing with your students.*

### The Amazing Journey of Captain Oxygen

#### Objectives:

Students will:

- Demonstrate knowledge of the form and function of the respiratory system
- Illustrate the path of an oxygen molecule through the respiratory system

#### Materials:

- Computer with Internet access
- Captain Oxygen Storyboard handout (available at: [KidsHealth.org/classroom/6to8/body/systems/respiratory\\_handout1.pdf](http://KidsHealth.org/classroom/6to8/body/systems/respiratory_handout1.pdf)) or plain paper
- Art supplies (crayons, markers, colored pencils)

#### Class Time:

1 ½ hours

#### Activity:

Healthy Comics just hired you as a new comic strip writer and artist! For your first project, you've been assigned to write and illustrate a comic strip about the human respiratory system. But first things first - you have to do some research. Check out the articles on KidsHealth to learn all about the parts of the respiratory system (including the trachea, lungs, and diaphragm) and how these body parts work together to help you breathe. Once you have the information covered, write and illustrate a comic strip about Captain Oxygen, a courageous and daring oxygen molecule traveling through the respiratory system. Your editors at Healthy Comics will be checking for accurate facts about the respiratory system and a clear description of how the body breathes.

#### Extensions:

1. Imagine Captain Oxygen entered a body with asthma. After checking out the articles at KidsHealth, discuss how his journey might be affected, especially during an asthma flare-up.
2. Captain Oxygen and his fellow oxygen molecules can't make their way to cells throughout the body without the help of other body systems. Discuss the other body systems that play a role in breathing and explain why they're important.



## See Through the Smoke

### Objectives:

Students will:

- Learn about the effects of smoking on the respiratory system
- Write persuasively about the consequences of smoking

### Materials:

- Computer with Internet access
- Pen and paper or computer word processing program

### Class Time:

45 minutes

### Activity:

Your state has just launched an anti-smoking campaign to help its residents kick the habit. The governor has chosen you to write a persuasive letter that will be included in an information packet given to smokers with reasons for quitting. Before you start writing, you need to gather facts about smoking and how it affects the respiratory system. Check out KidsHealth for helpful information. Then you'll be ready to write that letter to convince smokers that they should stop. Make sure you include details about how smoking affects the body. The governor really wants to get smokers to quit, so make sure your letter is convincing and uses powerful language.

### Extensions:

1. Your letter might be very persuasive, but sometimes people need more than just words on a page to stop smoking. Role-play with a partner a conversation that you might have with a friend to convince him or her to stop smoking.
2. Part of the governor's plan is to develop a TV campaign to keep young people smoke-free. Discuss how TV can play a role in someone's choice to smoke or not to smoke. Brainstorm ways that TV and other media could be used to help kids make healthy choices about smoking.

## Reproducible Materials

### Handout: Captain Oxygen Storyboard

[KidsHealth.org/classroom/6to8/body/systems/respiratory\\_handout1.pdf](http://KidsHealth.org/classroom/6to8/body/systems/respiratory_handout1.pdf)

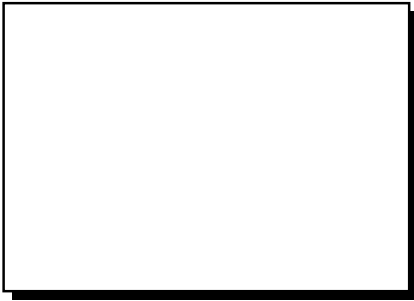


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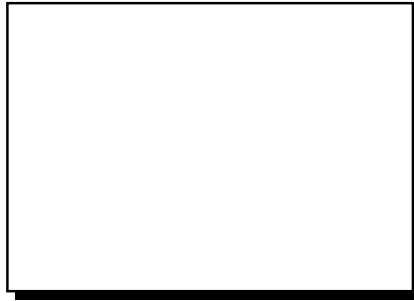
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## Captain Oxygen Storyboard

Instructions: Use this storyboard to write and illustrate your comic strip about Captain Oxygen.



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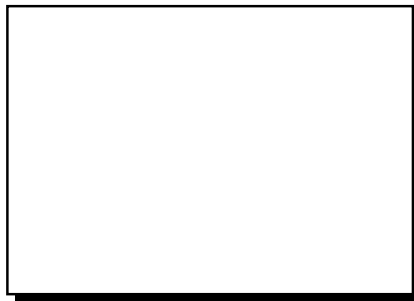
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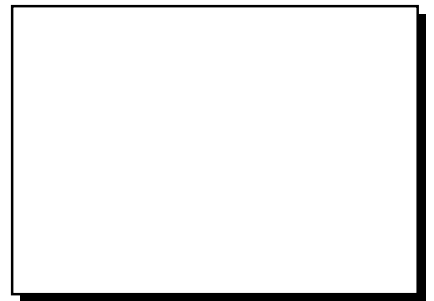
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